



**For Immediate Release**

**Mailing Date: Wednesday, April 16, 2003**

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### **“Local Caregivers Seek Support”**

Waukesha, WIS. – Waukesha County is hosting a Family Caregiver Support Seminar at the County Inn Hotel, on Saturday, May 17, from 8 a.m. to 1:15 p.m.

The seminar will include helpful tips on communicating with health care professionals, recognizing and responding to depression, overcoming personal obstacles, stress relief, and tips for successful caregiving.

The County started the Caregiver Support Program in January of 2002 through an Older Americans Act grant. It provides supportive programming, access to an extensive resource library, respite care and benefits counseling for families caring for older family members.

It also offers information, assistance, programming and respite care opportunities for grandparents raising their grandchildren.

The seminar is designed to foster community outreach for caregivers by providing additional educational opportunities. It will include a continental breakfast, access to informative exhibits, seminar materials and lunch. A donation of \$15 is requested to cover costs.

Pre-registration is required. For information about the seminar or the program, please contact Aimee Henry in the Department of Senior Services at (262) 548-7828.

